# Big Sky. New Horizons. A Healthier Montana:

# A Plan to Improve the Health of Montanans

## Why are we doing this?

Creating a Healthier Montana is critical to achieving a successful future.



healthy children = better students

healthy adults = a more productive work force





healthy seniors = more satisfying retirement years

healthy population = a healthy economy



To achieve this goal, Montana Department of Public Health and Human Services and more than 300 individuals representing 130 organizations:

- Examined the health of Montanans
- Developed priorities and strategies
- Used the best science available

This plan focuses on prevention, saving health care dollars and creating a common agenda for health improvement.

## What does the plan include?

The plan includes six health improvement priorities:

- Prevent, identify and manage chronic conditions
- · Promote the health of mothers, infants and children
- Prevent, identify and control communicable disease
- Prevent injuries and reduce exposure to environmental health hazards
- Improve mental health and reduce substance abuse
- Strengthen Montana's public health and health care system

For each health improvement priority, strategies for improvement are included in four key action areas:

- Public health policies
- Prevention and health promotion efforts
- Access to health care, particularly clinical preventive services
- Montana's public health and health care system

## What happens next?

Achieving the priorities outlined in the plan will require a high-functioning public health and health care system composed of engaged public, private, non-profit and community partners.

The Governor will appoint an oversight body to direct and monitor progress in creating a Healthier Montana.



For the complete text of the plan visit: www.dphhs.mt.gov/SHIP

## Opportunities to Improve Health

#### WOMEN OF CHILDBEARING AGE Health Risks Lead to Poor Pregnancy Outcomes

No regular provider	30% 23% 44%	
Smoke		
Overweight or obese		
No physical activity	18%	
Smoke in pregnancy	16%	
Late or no prenatal care	20%	

#### CHILDREN AND ADOLESCENTS Too Few Are Immunized and Too Many Smoke

40%		Toddlers not fully immunized
60%		Teens not immunized for meningitis
	17%	Teen smoking

#### ADOLESCENTS AND ADULTS High Prevalence of Alcohol Abuse and Poor Mental Health

Adults: poor mental health reported in the last 30 days	25%	
Teens: depression lasting 2 weeks or more		
Adults binge drink	21%	
Teen Drinking	38	3%

### ADULT MONTANANS Unhealthy Lifestyles Are Too Common

	22%	Smoke
60%		Overweight or obese
	24%	No physical activity
	29%	No breast cancer screening

#### ACCESS TO CARE Many Montanans Lack Health Care Coverage and Medical Homes

20%	No health care coverage
34%	No usual health care provider
15%	Had to forgo care because of cost

To achieve a Healthier Montana, we encourage Montanans to: Stay active and eat well Live tobacco-free **Get age-appropriate** Take simple steps **immunizations** to prevent injuries See a health care Contribute to and enjoy provider regularly a healthy environment Our Fledge We pledge ourselves to: 

Pursue the goals and strategies described in this state health improvement plan ✓ Build a public health and health care system that supports these goals ✓ Facilitate partnerships that support these goals